

Student's Personal Adjustment to Daily Life at Pandemic Disease Situation

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Abstract: Education enhances the social development, it initiate communication among learners and teachers. The teachers and students using new tools modify the teaching and learning process, making mutually dynamic, excluding it will not change this vital learning methods. COVID-19 challenges in education requirements protection of staff and capacity to deliver 100% while working from home. Despite these considerable challenge, compassionate and improvement educational institutions are implementing a choice of interventions. This study summarizes teachers and students make an effort to adapt new methods for teaching and learning process.

Keywords: COVID-19 situation, prevention, teaching, learning technology

Introduction

The coronavirus infection (COVID-19) is epidemic and global health problem; COVID-19 is the biggest epidemic of uncharacteristic pneumonia for the reason that cause severe acute respiratory syndrome (SARS). SARS cause high level of deaths seen in the entire figure of infected patients one or two weeks (Hawryluck, 2004). COVID-19 currently infected numbers of people and that act as epidemic disease (Kumaran, 2020). In India have major cities shut down educational institutions for an indefinite period. Throughout the outbreak, educational institutions want to build up e-learning portals and web-based applications to convey lectures or other training actions (Zhang *et al.*, 2004). As young students are more interested towards smart phone applications, health authorities could believe as long as online-based education and mental intervention (Do, 2018).

Active community participation is necessary in preparing and implementing epidemic control measures. Preparations for epidemic conditions educational institutions, teachers and students have traditionally emphasized aspects of health plans. Adjustment is building or becoming proper adjusting to situation. It is a way of alteration. It is perform of adjusting adaptation to a meticulous circumstance, situation or intention (Geetha, 2013). Following suitable personal adjustment, attention and approach of a person participate in education (PAHO/WHO, 2006). The present study focuses the magnitude of teachers and students in bringing appropriate personal adjustment to the pandemic situation.

Student's Adjustment to Everyday Activities

Students rearrange their daily activities to alter to a situation of lock-down. Inevitably, epidemic situation cause loss of public contact and social activities. Confinement situation adjustment is the component of the day by day experience. Confinement and isolation affects socio-emotional steadiness, predominantly students with pre-obtainable troubles of this environment. Subject weak students participating in qualifying and remedial learning programs are more hardly beat by segregation (IESALC, 2020). Pandemic situation cause unfair feelings, students have practiced depression and concern as a consequence of the disaster.

- Students much greater interest to the non-material part of learning,
- Students stay home for at least 24 hours after no longer have a fever,
- Cover nose and mouth using (mask) and avoid releasing droplets,
- Wash hands with Sanitizer or soap with water minimum 20 seconds,
- Dirt free regularly touched surfaces and things

Several complementary strategies to take actions on educational institutions prevent transmission of Covid-19

- ❖ Plan everyday epidemic preventive actions,
- ❖ Health professionals are used to educate about impact of pandemic situation,
- ❖ Maintaining social distancing (students /Teachers),
- ❖ Increase space between people at institutions to at least 1 meter, as much as possible,
- ❖ Distribution of face masks and hand sanitizer,
- ❖ Every working hour cleaning toilets using antiseptic liquids,
- ❖ Encourage e-learning process,
- ❖ Using audiovisual aids (Teaching),



- ❖ Information and Communication program (online teaching and exams),
- ❖ Modify, postpone, or cancel large campus events,
- ❖ Temporarily dismiss students attending group study and sports programs.

The right of everyone to learning and that the gratification of the maximum attainable standard of fitness is essential rights of all living ones, exclusive difference of race, sex, political, religion, region, economic situation. Healthiness and learning are in turn fundamental to human wealth improvement.

Health education integrated into cost-effective policies, poverty reduction programs. So government sector and health agencies should concentrate health education. The process of empowering students with knowledge about their health and the proactive steps they can take to alter their lifestyle in order to stay healthy and prevent disease. This study recommended students and teachers enhancing their technical knowledge, capabilities, competitiveness and adjustment of epidemic situation.



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